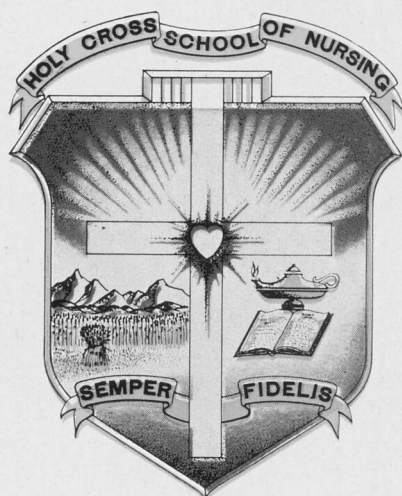


Leda L. Brady.

THE
Lamplicker
OF 1955



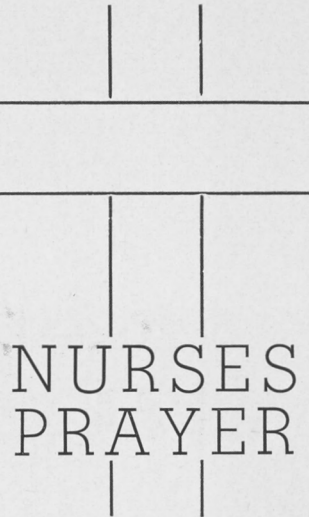
Dedication . . .

To all who made our
graduation possible.

Thank you from
The Graduating Class
of 1955

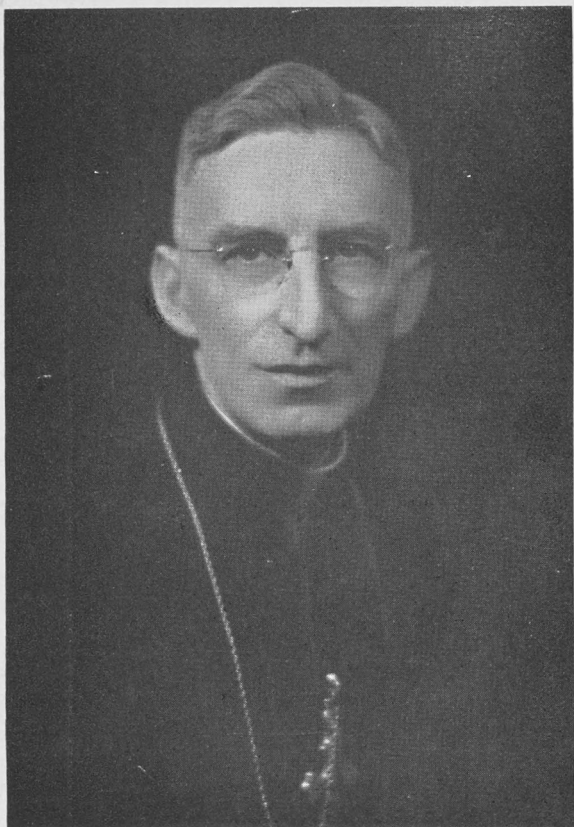


AIR VIEW OF HOLY CROSS HOSPITAL



NURSES PRAYER

Dear Lord, I begin my day of duty with the hope that I shall serve Thee faithfully. I have consecrated myself to the service of Thy sick and suffering. I have pledged my loyalty and devotion to the noble principles of my calling. Each task I offer with the sincere hope that it is prompted by my love for Thee. I shall not shirk any duty however unpleasant. When I cool the fevered brow, moisten parched lips or comfort the aching body I shall remember that I bring comfort to Thee. Help me find in every patient another soul created by Thy infinite love. I pray that my calling may find me always a real lady, kind, courteous and considerate of those who face the trials of sickness. Besides, I shall find hope in the thought that the more perfect my service, the more genuine my sacrifice, the more I shall be like to another lady—the lady you honored in such a striking way as to call her, Mother.



FRANCIS P. CARROLL
BISHOP OF CALGARY

Address from THE BISHOP . . .

It is a privilege to avail myself of the opportunity, given me through the pages of the Year Book, of paying a tribute of congratulation and encouragement to the Staff, Students and Graduates of Holy Cross Hospital School of Nursing. To witness the zealous endeavors in the realms of nursing education at Holy Cross, and their successful results, is a sincere

consolation and a real joy to all who have at heart the interests of suffering humanity.

The nursing profession, ally and auxiliary of the practice of medicine, can only hold an exalted position in the minds and estimation of men. Destined for the relief of suffering, and the saving of human life, it demands all that science can provide, and more, — the following of an ideal. For nurse's work is on the border line where the material and the spiritual meet. Her scientific knowledge must be animated and inspired by her charity for others.

May the Graduates of 1955 guard and cherish this lesson which their Alma Mater has striven to teach them.

FRANCIS P. CARROLL,
Bishop of Calgary.

January 29, 1955.

Address from FATHER FLEMING . . .

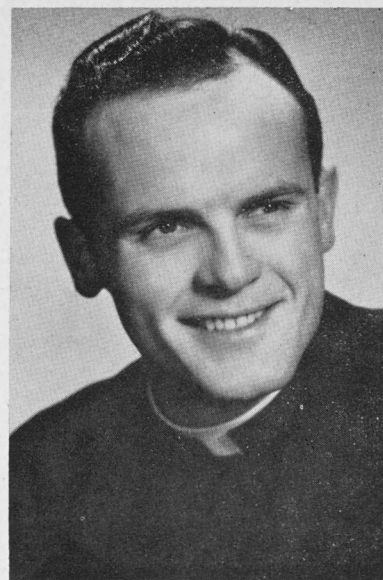
It is my sincere pleasure to congratulate you on the attainment of your graduation. Congratulations are in order, for each graduation is a "stepping stone" in the walk of Life. At times the next stop seems long and rough — perhaps it **was** rough, but you have made it, and the self-sacrifice and discipline attained in making it, has made you better women.

At times we are tempted to lose sight of where this walk of Life is leading. We tend perhaps to make a "last goal" of something in this life, when in reality, it is the attainment of the happiness of Heaven.

Keep in mind then, that your graduation is not the end and all for you, but a step — a tremendous one indeed — but a step only. It is a tremendous one because the very nature of the Nursing profession lends itself to the practice of virtues, which lead you to your ultimate end. Indeed, to be a true nurse, patience, kindness and charity are demanded to an heroic degree. Supernaturalize the virtues, by your motive of love of God and Heaven is yours.

That this may be your reward, after a long life of happy service in your profession, is my prayer for all of you. God bless you.

Sincerely in Christ,
Denis E. Fleming.



FATHER FLEMING
CHAPLAIN



SISTER ROSE LETELLIER, S.G.M.
SUPERIOR

Address from SR. LETELLIER . . .

My dear graduates,

I am indeed happy to offer you my sincere congratulations and good wishes on the completion of your training.

As you step into the unknown future may you go forth, filled with the ideals of your high calling, to soothe the cares and sufferings of a world that needs your tenderness and love.

Remembering that there never was a day that did not bring an opportunity for doing good, may you greet each day with reverence for the opportunity it contains. Your endeavor to live up to your motto "Semper Fidelis" — Faithful Forever, will bring you unfailing joy of work well done.

May God bless you one and all!

SISTER ROSE LETELLIER, s.g.m.

Address from SR. LECLERC . . .

My dear graduates,

Today you have achieved your goal. Three years of exacting study and preparation are behind you!

As the doors of the future swing open before you, you are ready to go forward and carry with integrity and devotion the responsibilities of your nursing career.

May you always realize that service to humanity is the true criterion of success in any Christian life. Ever mindful of the high ideals of your profession, may you take with you, as you leave our Nursing School, the thought so well expressed by William Penn:

I shall pass through this world but once. Any good thing, therefore, that I can do, or any kindness I can show to any fellow human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

May God's blessings accompany you!

SISTER C. LECLERC, s.g.m.



SISTER C. LECLERC, S.G.M.
DIRECTOR OF NURSES



Address from ALUMNAE PRESIDENT

Dear Graduates:

This is for you one of the most beautiful and memorable days of your lives. It is the day to which you have looked forward for so long and opens a very important doorway. Yesterday you were students, protected by the school of nursing. Today you have obtained the title of "Graduate," and as such must face problems which you have until now been able to take to one of your supervisors. You have taken another step up the ladder of your careers. May you not stop climbing here but continue on up the ladder to greater professional achievements!

From the Alumnae Association of the Holy Cross Hospital, I extend to you hearty congratulations and best wishes for a happy and successful future. Whatever field of nursing you enter or whether you marry and become homemakers, we wish you the very best of luck.

I now take this opportunity to welcome you as new graduates into the Alumnae as either active or associate members. The membership fee is \$2.00 per year for active members and \$1.00 for associate members. Our meetings are held in the Assembly Hall of the Hospital on the first Wednesday of the month from September to June. I hope you will all become and remain members as it is now as much your Alumnae as it is ours. You will find that the Alumnae is one way of keeping contacts with fellow graduates. Through our "Alumnae News" we are able to hear of classmates who have gone in search of greener fields. At our meetings we see friends whom we otherwise would lose contact with. Our meetings are usually quite short and we are always provided with excellent entertainment followed by excellent food at the end of our business meeting.

We will be looking forward to having you as members. May God bless you and guide you to happiness and success.

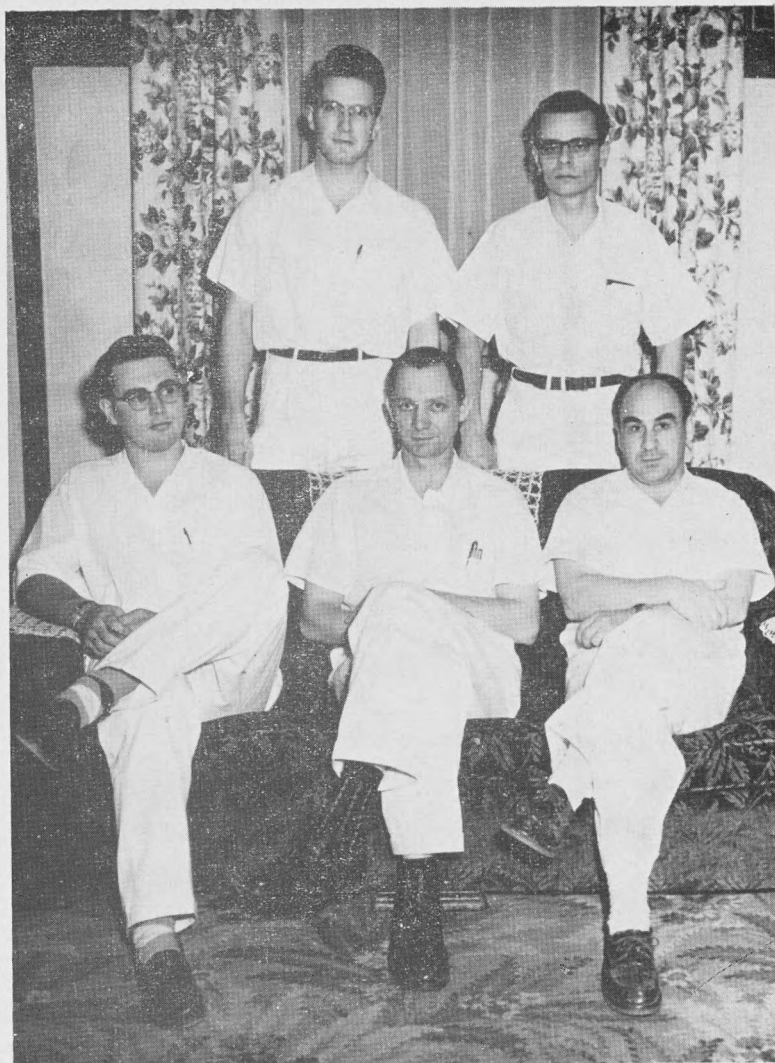
Elsie J. McLean, R.N.
President of The Alumnae
Association of the Holy
Cross Hospital.



Back Row: Dr. Ingram, Dr. Duffin, Dr. Stuart, Dr. Alexander, Dr. Ramsay.
Front Row: Dr. Moriarty, Dr. Dixon, Dr. Nixon, Dr. Jennings.

MEDICAL BOARD

Past President	DR. RAMSAY
President	DR. NIXON
Vice President	DR. IBBERSON
Secretary Treasurer	DR. DIXON



INTERNS

Dr. O. Spika — A graduate of Vienna, who is spending his second year at the Holy as one of our seniors. His plans are to open his own practice in Calgary, upon completing this term. We wish him every success.

Dr. Gouws — A graduate from Edinburgh, Scotland. This witty fellow was on staff only till February, when he left to join the Parsons Clinic in Red Deer.

Dr. Demmer — A graduate of Hamburg, Germany. He was with us only a short time and is now on staff at Ponoka Mental Hospital.

Dr. J. Stoicoiu — A graduate of Rumania. His plans at the present are indefinite. We wish him the best in the future.

Dr. Francis — A native Calgarian who graduated from the U. of A. His future plans are to take a P.G. in surgery at the Vancouver General. Our best wishes to him in his surgery.

Dr. L. Fish — Another native Calgarian who graduated from U. of A. Plans to stay with Calgary Associate Clinic for the coming year. Best of luck to him.

Dr. P. Klassen — Although a graduate of U. of Toronto, he tells us that he is actually from the deep south — Brooks, Alberta. His future plans are indefinite but we are certain that he'll do well in what ever field he chooses to enter.



TRAINING SCHOOL OFFICE



SCHOOL OF NURSING

TO OUR TRAINING SCHOOL OFFICE
AND INSTRUCTRESSES:

We the graduating class of 1955 extend our sincere thanks for the many hours of guidance and teaching you have given to us in our three years at Holy Cross Hospital.



MRS. BLAND
ASSISTANT DIRECTRESS OF NURSING



MRS. VAN DEWARK
NIGHT SUPERINTENDENT



MRS. FRANCIS
HEALTH NURSE



MISS HEAVER
NURSING ARTS



MISS BERTCH
ANATOMY AND PHYSIOLOGY



MRS. WHITFORD
SCHOOL SECRETARY



MISS TENNANT
ORTHOPEDIC NURSING



MRS. MELLAN
OBSTETRICAL NURSING



MRS. QUAIFE
DRESSING ROOM TECHNIQUE



MISS TOMPKINS
SURGICAL & GYNECOLOGY NURSING



MISS STAN
D. R. TECHNIQUE



MISS THOMPSON
SURGICAL & UROLOGY NURSING



MISS BUCHAN
MEDICAL NURSING



MISS CUMMINS
PEDIATRIC NURSING

NURSES' RESIDENCE



WATERLOO APARTMENTS

School Song "OH HOLY CROSS"

Prepared by M. Jorgenson and M. Bruder, Class September, '54

Oh Holy Cross we owe to thee, our future and our praise
Of high ideals and charity, this day our voice we raise
Oh Holy Cross to thee we give, our future promise true
To love, respect, uphold and guard the name we owe to you.

The day will come when each of us will bid our last adieu
In joy we feel these will reveal the hint of sorrow too.
The happy hours we shared with friends, the priceless times we knew
Are treasures dear, Oh Holy Cross, that we all owe to you.

MATRONS



MRS. C. H. BRADY



MRS. M. MICHAELS

Matrons:

We take this opportunity to thank you and wish you the very best in the future.

In loving memory of Mrs. Miller who passed away May 1, 1955. She was born in Charlottetown, P.E.I., fifty eight years ago. She was a graduate of Holy Cross Hospital. Before moving to Calgary she was a resident of Oyen where her husband passed away in 1946. She leaves behind her one daughter and three sons.

Mrs. Miller was of a quiet, pleasant disposition and she carried out her duty as housemother for one year. She will be missed by all. May she rest in peace.



1955 Year Book Staff

Editor	H. FORBES
Co-Editor	E. MANOLSON
Finance Managers	D. DECK and L. WEBER
Photography	J. ECHLIN and K. BETTS
Cartoonist	S. BEAUMONT
Candid Snaps	I. FOX
Humor	E. RISDON and M. CHASE
Sales Managers	L. BOURQUE and M. BITTMAN
Social Column	M. VROLSON and A. MORIHIRA
Biographies	G. MUNRO and S. THIELEN
Sodality	S. THIELEN
General Write-ups	L. GREY and M. LUCHAK

Editorial

Another Lamplighter has gone to press, another class leaves; some may think that it is just routine but believe me it is really different when it is yours.

We started out as probies with the thought of black bands and white uniforms as everything glamorous and wonderful. As time went on we learnt the full meaning behind those precious black bands. The work, the sacrifice and the joy that has gone into obtaining them. The understanding aid and consolement from our families and friends has helped us to reach our goal. We thank you with our hearts.

To those who have worked to make this publication possible your help has been deeply appreciated. A special thanks to our Holy Cross Alumni for their backing.

HEATHER FORBES (Editor)



The Art of Getting Along

Sooner or later, a woman (if she is wise) discovers that business life is a mixture of good days and bad, victory and defeat, give and take.

She learns that it doesn't pay to be a sensitive soul — that she should let some things go over her head like water off a duck's back.

She soon learns that she who loses her temper usually LOSES.

She learns that all women have burnt toast for breakfast now and then and that she shouldn't take the other person's grouch too seriously.

She learns that carrying a chip on her shoulder is the easiest way to get into a fight.

She learns that the quickest way to become unpopular is to carry tales and gossip about others.

She learns that it doesn't matter who gets the credit so long as her work goes along smoothly.

She comes to realize that the institution could run along perfectly well without her.

She learns that even the janitor is human and that it doesn't do any harm to smile and say "Good Morning," even if it is raining outside.

She soon learns that most of her companions are as ambitious as she is, that they have brains that are as good or better than she has, and that hard work and not brains and cleverness is the secret of success.

She learns to sympathize with the youngsters coming into the business, because she remembers how bewildered she was when she first started out.

She learns not to worry when she loses a point, because experience has shown that if she always gives her best, her average will break pretty well.

She learns that no woman ever got along successfully alone, and that it is only through co-operative effort that we move on to better things.

She learns that supervisors are not monsters trying to get the last ounce of work out of her with the least amount of credit, but that they are usually very fine women who have succeeded through hard work and want to do the right thing.

She learns that the folks are not any harder to get along with in one place than another, and that "getting along" depends about 99 per cent on her own behavior.

In short, she soon learns that she is a definite part of an indivisible whole, that she has a definite role to play in that whole. She will certainly reap the brand of rewards that her own conduct entitles her.



NOW, US!

STUDENT COUNCIL



President P. Farrell
 Vice-President S. Thielen
 Secretary-Treasurer C. Holt

CLASS REPRESENTATIVES

M. Vrolson	L. Weber	K. Anderson
A. Morihira	K. Wagner	A. Nicol
J. Gourley	R. Nichol	M. Mooney
G. Horne	D. Morrison	

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SODALITY



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COMMITTEE CHAIRMEN

Apostolic Committee S. Coote
Spiritual Committee D. Morrison
Educational Committee C. Celli M. Mooney
Social Committee D. Deck

SODALITY EVENTS

"The right and the hardest path is the happy path," with this thought Father Frank McKay, opened the Sodality year September 1954.

Succeeding months saw the students participating in many and varied activities. Mount St. Francis housed the annual retreat for our students. Father Godfrey conducted the "Fifty Golden Hours" which were highly appreciated by students of several denominations.

November saw the students busily preparing handicrafts for the bazaar, tea and bake sale, with this excellent co-operation the bazaar turned out to be a wonderful success. At our monthly meeting an impromptu skit under the direction of Sister Violini, starring Father Fleming and co-starring Misses Holden, Coote, and Tallon, was presented.

The feast of the Immaculate Conception saw the reception of thirty-five new sodalists at a very inspiring ceremony. Medals were presented by our chaplain Father Fleming and a sermon fitting to the occasion was delivered by Father Godfrey. One of the preliminaries gownned in white with two senior attendants presented a crown of roses to our Lady. Following this impressive ceremony, the annual banquet was enjoyed by all. Keeping in the footsteps of our

annual tradition, a hamper of Christmas goodies and toys was prepared and given to a needy family.

The highlight after the January meeting, was a skating party held on our own rink. Cocoa and donuts were served and a good time was had by all. January also saw the beginning of monthly days of recollection under the direction of our beloved Father Timothy. These were held to renew our retreat resolutions, and were continued the second Tuesday of each month.

Guest speaker at our February meeting was Rev. Father Malo, former chaplain here.

Lenten devotions, daily mass, communion, Way of the Cross, and Benediction were well attended by the sodalists.

At the general meeting in March, new officers were nominated for the coming year, Dandelion delegates were chosen and plans were made for the final meeting in April.

Members of the sodality would like to extend their thanks to Father Fleming, Sisters Superior, LeClerc, and Violini for their guidance in helping to make this a successful sodality year. We also wish to thank the past executive and ask God's blessing on your plans for the coming year.

This, Too, Shall Pass Away

Paul Hamilton Hayne

Art thou in misery, brother? Then pray
Be comforted. Thy grief shall pass away.
Art thou elated? Ah, be not too gay;
Temper thy joy: this, too, shall pass away
Art thou in danger? Still let reason sway,
And cling to hope: this, too, shall pass away.
Tempted art thou? In all thine anguish lay
One truth to heart: this, too, shall pass away.
Do rays of loftier glory round thee play?
Kinglike art thou? This, too, shall pass away.
What-er thou art, where-er thy footsteps stray,
Heed these wise words: This, too, shall pass away.

Take Time

Take time to work—it is the price of success;
Take time to think—it is the source of power;
Take time to play—it is the secret of perpetual youth;
Take time to read—it is the foundation of wisdom;
Take time to worship—it is the highway to reverence;
Take time to be friendly—it is the road to happiness;
Take time to dream—it is hitching our wagon to a star;
Take time to love and be loved—it is the privilege of the gods.

CLASSES



SENIOR B's



INTERMEDIATE A's



INTERMEDIATE B's



JUNIOR A's

Why be difficult?



When with a little more effort you can be impossible.



And I used to think that irrigation was a procedure related to agriculture.



A chip on the shoulder always indicates there is wood higher up.



The best place to look for a helping hand is at the end of your arm.



When he ordered "Push Fluids" I thought he had the patient in mind, I didn't know he meant me!

VERSE and WORSE

CHARGE OF THE WHITE BRIGADE

Fear not the young nurse who stands by the side
Of your man, when sick and in pain,
For after a siege with his grunts and his groans
She'll give him up gladly again.
She may woo him to sleep with her voice as
she lays
Her cool hands on his poor fevered brow,
But remember, you wives, that this menace in
white
Sees him not with the eyes of his frau,
To her, he's a hulk to be freed of its pain
Just a means of her own daily bread.
He gets egg on his sheet, and toast in his hair
And his feet dangle out of his bed.
He snores all night long with his mouth open
wide
While his teeth float around in a glass,
No sex appeal lurks in that bewhiskered chin
And his chorus is minus all class!
So lay yourselves down, all you green-eyed
young wives
On your bed, and well know while you rest,
That this treasure of yours is as safe with his
nurse
As a bird on a bough in its nest.
He may answer the maidenly prayer of the one
Who got him for better or worse,
But whatever his assets or charms to his wife,
He's a pain in the neck to his nurse.

What's The Use?

Only the wholesome foods you can eat;
You lave and you lave from your head to your
feet,
The earth is not steadier on its feet
Than you in matter of prophylaxis;
You go to bed early and early you rise
You scrub your teeth and you scour your eyes
What do you get for it all?
Nephritis,
Pneumonia, appendicitis,
Renal calculus and gastritis.

Sitting still and wishing
Makes no person great.
The good Lord sends the fishing,
But we must dig the bait.

September '55's Motto

"I owe much, I possess nothing,
The rest we give to the poor."

A Doctor's Christmas Carol

Hark! the herald angels sing!
Please don't let that d—— phone ring!
Peace on earth, mercy mild
Please potpone the Jones' child!
Let it hail, sleet and snow,
Let it drop to ten below,
But, please, my patients' readings fix
At good old ninety-eight point six
Hark! the herald angels sing!
Please don't let that d—— phone ring
Sound the hymns of heavenly glee,
But, please, no dire emergency!
Please, no virus hepatitis,
No acute appendicitis!
O ye germs on New Year's Eve
Grant the Doc a brief reprieve
Just this once throw in the towel,
Grant him this one night to howl!
Hark the herald angels sing,
Please don't let that d—— phone ring!



DEDICATED TO OUR SICK
(52-55)

A bunch of bugs were whooping it up
In a bronchial saloon.
Two bugs on the edge of the larynx
Were jazzing a hay-feverish tune.
While back of the teeth in a solo game,
Sat Dangerous Dan Kerchoo,
And watching his pulse
Was his queen of the waltz,
The lady that's known as Flu!



October Formal

Fall Fantasy, sponsored by the Class of '56 was held at Penleys Dancing Academy in October. Our patrons for the evening were the Mr. and Dr. Robertson, and Mesdames Spackman, MacDonald, Starink and Maxwell.

From nine until the wee hours of the morning we joined in the seasonal mood, dancing under the dimly lit leaves. The climax of the evening, the annual crowning of our schools popularity queen and her two ladies in waiting, saw 1954 Queen Laureen MacDonaugh place a rosebud wreath on Miss Joan McMullen. Ladies in waiting, Miss Louise Gray and Miss June Echlin were presented with nosebags.

Entertainment for the evening featured two youthful Calgary dancers who performed the Highland Fling accompanied by their piper.

As always happens the evening quickly passed, escorts raced red lights to make the one thirty deadline and each tired happy student tacked corsages on the wall and tumbled into bed. Thank you '56.





DOCTORS AND LADIES AT THE OCTOBER FORMAL

The Christmas Program 1954

December 1954 rang down another curtain on a successful Christmas program put on by the student nurses and staged for the first time at Western Canada High School.

Muggsy's Merry Christmas acted by the two senior classes gave us the story of two thieves who dropped in at the Maxwell household while they were out delivering a basket of food. Intending to burglarize the home, the thieves are overcome with awe and become sentimental over the tree and all the presents. The Maxwells returning home found Muggsy in the living room and mistook him for cousin Arthur whose arrival they were expecting. Showering on him all the presents, fruits, candy and nuts brought the hiding Elmer (thieving companion) from behind the couch. Following all the confusion and explanations the Maxwells heart softened. Taking back the presents they give the thieves a turkey dinner. Sad and overcome by emotion the thieves depart wishing everyone a very Merry Christmas.

Following this entertaining comedy, our Nicol sister trio gave forth with two beautiful Christmas carols. Shirley Coote from our inter-

mediate class and her partner tapped out their version of the "Charleston." After the laughter subsided more talent in the form of solos and piano selections took place. Imitations well done in pantomime style delighted onlookers. Work Shop 14 then presented us with the very entertaining one act play called "The Cornhusk Doll."

Our very own Mary Luchak did a splendid job of M.C.

The wisest men you ever knew
Have never dreamed to treason
To rest a bit and jest a bit
And balance up their reason,
To laugh a bit and chaff a bit
And joke a bit in season!

Spring rides no horses down the hill
But comes on foot, a goosegirl still.
And all the loveliest things there be,
Came simply, so it seems to me.
If ever I said, in grief or pride,
I tired of honest things, I lied!



I SOLEMNLY PLEDGE myself before God and in the presence of this assembly to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous and will not take or knowingly administer any harmful drug. I will do all in my power to elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work and devote myself to the welfare of those committed to my care.

—THE FLORENCE NIGHTINGALE PLEDGE.



FEBRUARY 1955



KATHLEEN BETTS
Coutts, Alberta

The athletic enthusiast of our class. This comely lass is as capable in nursing as on the baseball field. For her future career, she will be U.S.. bound



MARY BITTMAN
Calgary, Alberta

Our blue-eyed blonde hails from Calgary. To reorganize the D.K. is her aim. The future holds a P.G. at Vancouver,



MARGUERITE CHASE
Meyronne, Saskatchewan

Our artistic Marguerite, who also holds top marks in the February class, will be an asset in the nursing profession wherever she goes.



VIETTA CLIFFORD
Kindersley, Saskatchewan

A cheerful lass who always has a sparkle in those big brown eyes. A nurse who is tops and a good friend to all. A gal who is Mississippi bound.



LUCILLE DE NEVE
Salmon Arm, British Columbia

One of the sweetest girls of the class. The "New Look" in hair styles is set by our Lucille. Always neat, efficient and popular.



HELEN FABIAN
Tilley, Alberta

An A-1 nurse, with patience as her greatest virtue. Her future destiny is linked with the third finger of her left hand.



MARY HAWKEY
Airdrie, Alberta

The girl who freed us from spinsterhood. An accomplished nurse who shares her good humor with all. Marriage is her future career.



GRACE KONNO
Taber, Alberta

Calm and confident in all she does. This neat, efficient lass has in view a P.G. in Obstetrics. She will be missed by all.



MARIE LUCHAK
Vernon, British Columbia

One of the executive members of our class, a born entertainer and whose friendship and sincerity will be remembered by all, including her patients who have received excellent care. Our Marie will always be "Safe in the Arms of the Law."



THELMA MANGAN
Midnapore, Alberta

The "good natured" member of our class, who brings loads of cheer into the lives of those who are associated with her. Her winning smile and gentle ways will make her welcome in any future she chooses.



ESTHER MANOLSON
Calgary, Alberta

With curly hair and dark brown eyes, our Esther leaves a path of sunshine wherever she goes. The active prankster of the class, whose bubbling personality enhances her excellent nursing care. Her future plans include Europe?



AIKO MORIHIRA
Taber, Alberta

Our petite little "Ike" who knows all about the weather. Unexcelled in her nursing care and appearance. The immediate future holds a P.G. in T.B.



GLADYS MUNRO
Hanna, Alberta

Our friend G. Bird, whose unpredictable escapades have provided us with many a laugh. Her generous warm-hearted nature endears her to all her patients who are so lucky to receive such excellent care. Future — Ethiopia.



COLLEEN MURRAY
Warner, Alberta

This Irish "Colleen" whose smile radiates happiness to all she knows. Her sweet, thoughtful manner, makes her a popular member of the nursing profession. Would like to broaden her education in her travels.



JOAN McMULLEN
Calgary, Alberta

Our pert little redhead from the East doth formerly hail. Her nursing care is always tops. The future entails the "Nursing Care of Children" — professional or otherwise.



IRENE NYKOLAYCHUK
Hillcrest, Alberta

Nikki is our pretty blonde, so tall and trim, whose popularity is equal to her bedside manner. A trip to Europe is to come.



MAXINE RITLAND
Vulcan, Alberta

"Bimbo" — Our Western enthusiast. This gracious slender gal is one of the most popular members of our class. Her ability in surgery will lead her to a P.G. at the Vancouver General.



ANNE SCHOFIELD
Alliance, Alberta

Vital, ready and Annie on the Spot. A true friend and admired by all who know her. A capable nurse, who plans to carry her high ideals to the Northland.



VIDA SOLL
High River, Alberta

Oh Brother! that's our Vida. Her boisterous, infectious laugh will be remembered by all. A splendid nurse, whose extra curricular activities include mastering the Mumbo. Heading for the West Coast,



MARJORIE SWIDINSKI
Warner, Alberta

The life of any party — daring and ready for action. Her rapport is outstanding. A flight nurse is her goal.



LENA TESSARI
Warner, Alberta

Sweet and natural is our Tess. Loved by one and all. A sincere, considerate nurse, whose devoted nursing care will be a shining example. A June bride and a home in Manitoba is to follow.



BETTY TINDALL
Champion, Alberta

Fun loving "B Tin," with her dimples and personality plus, always provides a laugh when the going gets rough. Her capability and efficiency will be carried to the West Coast where marriage awaits her.



LAUREEN WEBER
Meadow Lake, Saskatchewan

We owe much to our energetic class president. Her capability and personality have helped us achieve our goal. Her high ambitions will lead to her great success.

SEPTEMBER 1955



NELLIE ANDERSON
Stettler, Alberta

When I said I would die an
old maid, I did not think I
should live 'till I were mar-
ried.



SHIRLEY BEAUMONT
Consort, Alberta

And as imagination bodies
forth the forms of things un-
known, the poet's pen.



LORRAINE BOURQUE
Red Deer, Alberta

A witty woman is a treasure,
a witty beauty is a power.



CAROLE BOWD
Calgary, Alberta

But he whose unborn worth
his acts commend of gentle
soul, to human race a friend.



DOLORES DECK
Mendham, Saskatchewan

A merry heart goes all the
day,
Your sad times a mile away.



PATRICIA DIMMER
Carstairs, Alberta

An honest man clothes but-
toned to the chin,
Broadcloth without, and a
warm heart within.



JUNE ECHLIN
Olds, Alberta

Grace was in all her steps,
heaven in her eye. In every
gesture dignity and love.



PATRICIA FARRELL
Calgary, Alberta

High erected thoughts seated
in the heart of courtesy.



HEATHER FORBES
Trail, British Columbia

She will look downwards into
violet depths and upwards to
shining heights, or peer be-
tween fugitive mists that are
ever vignetting some new
enchantment.



IRENE FOX
Calgary, Alberta

Who can be wise, amused,
temperate, and furious, loyal
and neutral all in a moment.



LOUISE GRAY
Brooks, Alberta

Little deeds of kindness, little
words of love
Help to make earth happy
like the heavens above.



CAROL GREGORY
Standard, Alberta

Oh could you view the mel-
ody of every grace and music
of her face.



MONICA HOLDEN
Innisfail, Alberta

From the crown of her head
to the sole of her foot, she
is all mirth.



LYNN JORGENSON
Turin, Alberta

She is pretty to walk with,
And witty to talk with,
And pleasant too, to think on.



JUNE KLINK
Didsbury, Alberta

Soft peace she brings, when-
ever she arrives
She builds our quiet as she
forms our lives.



DOLORES KONDACKI
Bassano, Alberta

Her cap far whiter than the
driven snow,
Emblems right meet of de-
cency does yield.



FRANCES KOWENKO
Coleman, Alberta

The kindest man, the best
condition and unworried
spirit, in doing courtesies.



GRETA LANGAGER
Calgary, Alberta

She doth little kindnesses
which man can leave undone
or despise. Good will is the
mightiest practical force in
the universe.



MARY LEWICKI
Lethbridge, Alberta

Not in rewards but in the
strength to strive the blessing
lies,



PHYLLIS McMILLEN
Nanton, Alberta

If music be the food of love,
play on;
Give me excess of it,



EVELYN RISDON
Strathmore, Alberta

For all that nature by her
mother wit could frame in
earth.



MARY STEWART
Calgary, Alberta

Loveliness needs not the foreign
aid of ornament,
But is when unadorned,
adorned the most.



MARION STIANSON
Calgary, Alberta

They are never alone that are
accompanied with noble
thoughts.



MYRNA SYMONS
Calgary, Alberta

Beautiful as sweet, and
young as beautiful, and soft
as young. And gay as soft,
and innocent as gay.



SHIRLEY THIELEN
Milk River, Alberta

Can counsel and speak to
that grief which themselves
do not feel.



MAXINE VROLSON
Calgary, Alberta

The fairest garden in looks,
and in her mind the wisest
looks.



JENNIE TROFANENKO
Turin, Alberta

Silence is the perfect herald
of joy: I were but little happy
If I could say how much.



DON'T WHINE

Today, upon the bus, I saw a lovely girl with
golden hair,
Envied her, she seemed so gay, and wished I
were as fair.
When suddenly she rose to leave, I saw her
hobble down the aisle;
She had one leg, and wore a crutch; and as
she passed — a smile.
Oh, God forgive me when I whine.
I have two legs. The world is mine.

And then I stopped to buy some sweets.
The lad who sold them had such charm.
I talked with him — he seemed so glad — if I
were late 'twould do no harm.
And as I left he said to me: "I thank you. You
have been so kind.
It's nice to talk with folks like you.
You see" he said, "I'm blind."

Oh, God forgive me when I whine.
I have two eyes the world is mine.

Later, walking down the street, I saw a child
with eyes of blue,
He stood and watched the others play; it seemed
I knew not what to do.
I stopped a moment, then I said: "Why don't
you join the others, dear?"
He looked ahead without a word, and then I
knew — he could not hear.
Oh, God forgive me when I whine.
I have two ears. The world is mine.

With legs to take me where I'd go —
With eyes to see the sunsets glow —
With ears to hear what I would know —
Oh, God forgive me when I whine.
I'm blessed indeed. The world is mine.
—Anonymous.

Alumni Banquet

The evening of January 26th, the Holy Cross Alumni honored the 1955 graduating class with a most enjoyable cocktail party and banquet.

The affair took place at the Al San Club. The friendly atmosphere along with the delicious meal made the evening a wonderful success. Miss E. McLean was the competent and gracious M.C.

The entertainment was ably supplied by Miss



Tennant and her "Minstrel Band" made up of graduates and students. They provided a good many laughs for everyone and we all hated to see the evening come to an end.

The interesting speeches and the recitation of the Florence Nightingale Pledge led by a 1910 graduate made the evening complete which will be long remembered by the graduating class. We thank you.

Penicillin

The thought of penicillin is never very nice,
So from your nurse take this bit of advice,
The secret of the matter is —
 please, do relax.
Even, if you realize that,
 It might take a couple of cracks!
Take a great big breath and hold it if you may.
While all the time the needle's driving on its way
Then when it's given I know you'll eat the rug
For I know that penicillin that's getting rid of
 all your doggon' bugs.

Volunteering as a blood donor at a Calgary Hospital, a young woman was asked by the nurse, "Do you know your type?"
"Oh, yes," came the confident reply, "I'm the sultry type."



VALEDICTORY ...



PATRICIA FARRELL

It is almost with a feeling of awe, that we are gathered here tonight, to receive our diplomas in nursing. We realize that our years of work and study are now to be officially recognized. Three years ago, this night seemed an eternity away, but the time has passed so quickly, that it hardly seems possible that we have achieved our ambitions to be nurses.

There have been many highlights during our training, such as receiving our caps, our intermediate and senior pins. These milestones served as an encouragement to continue in the pursuit of our goal.

We realize that nursing demands courage in facing the unknown, determination to keep going long after the novelty has vanished, self-discipline in observing the rules, which sometimes are irksome, but always have a purpose. Henceforth our duties will be increased, the care and safety of our patients will be in our hands, high standards will be expected of us by our fellow students, and the community at large.

In graduating, we have passed from the stage of dependence, wherein we received help from our parents and instructors to a stage of independence, where we in turn will be expected to give rather than receive. After God, our parents have contributed generously to our success. Undoubtedly, to some it has meant self-denial and hardship, gladly suffered to further their daughters success. Without their

love and encouragement it would have been easy to give up when difficulties arose which to our inexperienced eyes seemed insupportable. Tonight, we realize and appreciate to the full the endeavours of our parents on our behalf, and our thanks are heartfelt and sincere.

To the sisters, we gratefully acknowledge the high standards so ably inculcated. They have given their lives to the furthering of Christian ideals in the nursing profession. We hope that the future will show that their untiring efforts have not been wasted, and that we will be a credit to our school, our profession and our country.

To the doctors, 'the exemplars of medical ethics,' we wish to say 'thank you' for without their knowledge and teaching skills so generosity bestowed upon us we should have never achieved our present success.

Our instructors and graduates have helped by their example and aid in our nursing problems, to them also we owe our sincere thanks and in appreciation we hope to live up to their expectations.

Our Chaplain too, has given willingly of his time and energy to counsel and advise us, teaching us to care for the spiritual needs of our patients, for this we express our sincere appreciation.

The remaining days are indeed precious, for only too soon we shall be saying "good-bye" to our fellow students with whom we have shared our hopes and joys. Now that we have attained our goal we wish you every success as you continue in your studies. May God bless you and may He guide you no matter where your work may be. May your graduation be as happy and memorable as ours and we will look forward to hearing of your success.

I feel greatly honored in representing my class on this memorable occasion. On their behalf, I wish to express our gratitude to our guests for sharing with us some of the many joys of this great day.

Our calling is high and our responsibility is great, but we face the future with confidence trusting in the help of God and the many prayers that have been offered for our welfare.

Intermediate Banquet and Dance...

"Thanks For the Memories"

"Thanks for the Memories" was the traditional banquet and dance given by the intermediates for the graduating class.

The gay and delightful event took place on January 31st, at the Al San Club. The attractive setting was further enhanced by the delicious meal and interesting speeches.

Honored guests and patrons of the evening included the Hospital Chaplain, who also delighted us with two very enjoyable songs, Dr. and Mrs. Alexander, Dr. and Mrs. Miller, Dr. and Mrs. Gelfand, Dr. and Mrs. Riley, Dr. and Mrs. Vernon, Dr. Francis, one of our internes and school instructresses Miss Tenant, Mrs. Bland,

Miss Cummins, Miss Buchan, Miss Thompson, Mr. Francis, also our President Miss P. Farrell. Miss H. Malchow was the charming M.C.

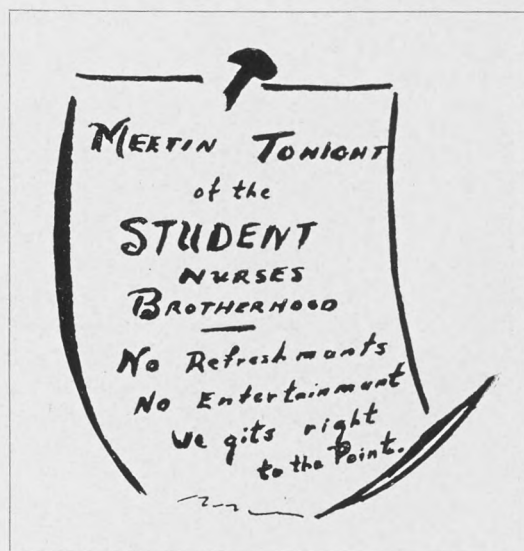
The Intermediates were lovely hostesses, their gift of silver coffee spoons engraved with HCH and prophecies were greatly appreciated by the Seniors.

Following the banquet was a very successful dance. Miss S. Coote and partner entertained us with their now famous Charleston. Miss C. Holt did the excellent job of announcing. When the evening ended we all found our weary way home with happy thoughts of graduation ahead and in our hearts a sincere thank you to the Intermediates.



Some of our Doctors...

- Dr. Gibson — Don't sleep on the sponges, nurse!
- Dr. Johns — Remember, every bed has four corners????!!!!
- Dr. Ingram — Lights just fine,???
- Dr. Lundy — Suzy.
- Dr. Ramsay — You're here to help me.
- Dr. Stuart — Retract, nurse, retract.
- Dr. Gelfand — Honey, everybody uses silk No. 000.
- Dr. Alexander — "Onward Christian Soldiers."
- Dr. Robertson — Alright, boys, its time to sew-up, I'm hungry!
- Dr. Fish — I'll look after the arm. You can carry the bottle.
- Dr. Murray — Look after that girl, boys, she's a redhead.
- Dr. Morgan — Sponge, sponge, sponge.
- Dr. Riley — Definition of a nurse: A white uniform surrounding an appetite.



GRADUATION MASS



GRADUATION DAY

At last! With the dawning of that long-anticipated day, the corridors of Waterloo rang with boisterous merry-making and familiar old chants. Graduation Day, May 1st, 1955! and we, in tradition with our forerunners renewed the time-worn ritual of routing out our less fortunate successors. In our exuberance no thought had we for the protesting moans and the inevitable thumps which followed. All mischief making done, and shedding our jubilant spirits for more reverent thoughts we attended the Graduation Mass held in our chapel.



Immediately following the service, we with our instructresses and Reverend Fr. Fleming, assembled in the gayly decorated auditorium, for Graduation Breakfast. Each Graduate's setting was illuminated by a glowing candle set in a miniature silver lamp. We couldn't have been more pleased with these, our gifts from the Sisters. This enjoyable morning concluded, we

separated to await in anticipation the events to follow that evening.



The Commencement Exercises — promptly at 8 p.m., fifty uniformed nurses, wearing caps crowned with black bands and each carrying an array of red roses, entered the aisles of the Palace Theatre to assemble on the fern-adorned stage. No words can adequately express the emotions each of us felt as we stepped forward to receive our diplomas, the summation of these three years.

COMMENCEMENT EXERCISES Program

Processional, Miss M. Jarratt and Miss E. Henrick. "O Canada." Opening address by the chairman, Dr. J. R. Ibberson, president of the Medical Staff. Vocal selection: "Bless the Lord, Oh My Soul," Ippelitof Ivarcoff; "Keep on

GRADUATION EXERCISES



Hopin'," K. Hiram Maxwell; "A Perfect Day," Carrie Jacobs Bond; Holy Cross School of Nursing Glee Club, director, Mr. R. E. Hooper, FRCL, FLCM, LRSM, RMT. accompanist, Miss M. Jarrat.

Address to the Graduating Class by His Worship, Mayor D. Mackay; Presentation of diplomas and pins, His Excellency Most Reverend Francis P. Carroll, D.D., assisted by Reverend Dennis Fleming. Professional Pledge.

Greetings from the University of Alberta and presentation of Special Awards by Dr. E. P. Scarlett, Chancellor of U. of A., assisted by Mrs. E. Bland, educational director. Valedictory by Miss P. Farrell, president of the Student Council.

Special Awards: General Proficiency, Miss Joan McMullen. Best Bedside Nurse, Miss Gladys Munro. Highest Standing in Theory, Miss Shirley Thielen. Proficiency in Surgery, Miss Irene Nykolaychuk. Greatest Promise of Professional Development, Miss Aiko Morihira. Moral Ethics, Miss Frances Kowenko. Efficiency in Pediatrics, Miss Esther Manolson. Efficiency in Aseptic Technique, Miss Maxine Vrolson. Proficiency in Obstetrics, Miss Lynn Jorgensen. Highest Ideals of Service, Miss Phyllis McMillen.

The Queen. Recessional.

The class of February 1955 held their reception for families and friends at the Palace while the September class of 1955 entertained at the Lone Pine Supper Lounge. A gratifying conclusion to an eventful day.

The Mother and Daughter Tea — Spring bonnets and ensembles as if an invitation to the season itself, were the order of the day. The beautifully decorated auditorium lent a festive



air, as mothers and daughters, with the Sisters and supervisors mingled in a most enjoyable afternoon. Here, we pause to express our appreciation to the gracious ladies who presided over the tea tables, the Mesdames Bland, Ibber-son, Ramsay, McNeil, Fish and Miss McLean. From the auditorium many of the girls took their mothers on a descriptive tour of the hospital.

That evening, the Lone Pine Supper Lounge was the setting of a most gala event, our Graduation formal, "Maytime Melodies."

We extend our sincere thanks to the Sisters, students and all those who made our Graduation the success it was.

Remember When...

P. Farrell pinned Dr. Johns to an IV pole with a towel clip?

A party was held at Jim's Dine and Dance? — thanks Jim.

P. McMullen got a blue with a pocket in the back?



Risdon said "I've been treated like a dog for so long that when anybody speaks nice to me I wag my hind end?"

Every Probies first Obstetrical Case viewed from Room 15, St. Gert's?

Symons what were you doing when you fell out of your chair during class — sleep much?

Deck smoked her first cigar?

Bourque passed out during a circ.?

Anderson broke the old maid spell of Sept. '55?

Klink — New Year's Eve 1955?

Kowenko got those parcels from home?

Paediatrics 11-7 staff adopted new hair styles? Bourque, Nicol, Kowenko.

Waterloo fire alarm?

Murray and Betts rode home with Tessari at Christmas?

Dr. Ingram wanted some "Cat Gut" — Plain Yellow Cat Gut — Swidinsky?

Scottie scared Luchak out of seven years growth one early a.m. when she went to take his temp?

Sister Richard threw her arms around Hawkey?

We spent three wonderful days at Cochran's Retreat House?

Neil didn't say "Prayers — girls — prayers?"

1st and 2nd came to 3rd (St. Gert's)?

Surprise guest at a midnight party (Sister LeClerc)?

Who showed up at a Presbyterian Skating Party at the Glacier? (Can you answer the question, Father Fleming?)

Mrs. Brady said: "Turn your radios off, girls"? Echlin stole Father Fleming's song at capping?

Munro jokingly wrote her mom that she was expelled and her mom phoned Sr. Trottier?

DeNeve didn't have a boyfriend?

Murray didn't wear that broad, pleasant smile?

Hawkey got her ring? (The first of the class) Decided to wash her cap? (Nights on St. Ann's.)

Manolson took the patient to the O.R. with the Wangenstein Suction attached?

Fabian didn't run like mad on duty? (so conscientious that girl.)

Luchak was found in a crib on Paediatrics? — by Sr. Richard.

Tindall wanted to go Wolfing down 8th Ave?

Bittman was pinched and not by a policeman? Did a square dance the night before the Psychiatry exam?

Tessari ate a live Chicken?

Nickie got a dose of sulfa, ended up in the hospital, and got all the flowers in compensation?

Soll didn't say, "Oh, Brother!"

Swidinski celebrated her 22nd birthday?

Weber came in 20 minutes late?

Chase forgot to sign for a late leave? (McMullen's Party?) Tried to nipple a glucose bottle? Mangan fell with a dressing tray in front of a half dozen doctors?

McMullen was marched back to her room at 3 a.m. by Sr. LeClerc?

Konno didn't love to sleep?

Schofield went to the drive-in with Tessari?

Betts went to the February '55 formal with a blind date?



*We learn to do
by doing.*

Bowd walked home 10 miles at 4 a.m. — they say its good for the lungs.

Ida got some birds via the male.

St. Gerts was on fire one April night?

Night prowlers in the Rec. Hall ran into a few ash trays — Sereda?

Farrell painted her room?

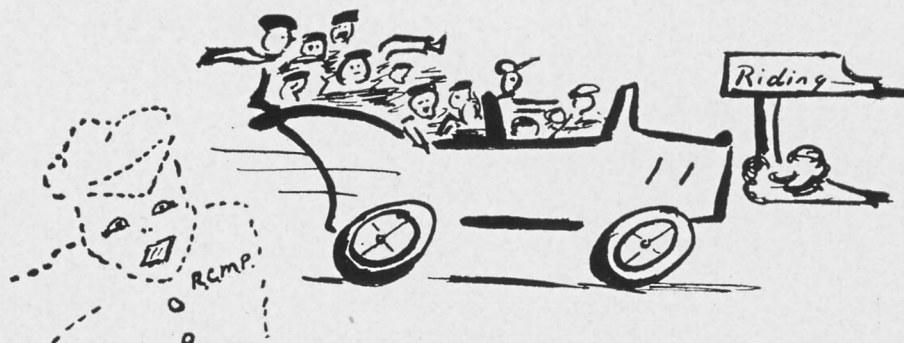
Secret Ambitions...

Munro to join the Poor Clares.
 Bitman to weigh 98 lbs., to crawl into a cubbyhole and crochet till 90.
 Tessari to have 12 children before next Xmas
 Nickie to be a dancer on the stage.
 Swidinski to meet an oilwell, a Cadillac convertible, and a mansion all in one (man).
 Luchak to invent a mobile crane that could move patients in bed.
 Murray to be a first soprano in the Met. Opera.
 Weber to join the French Foreign Legion.
 McMullen to go to Europe and travel the continent.
 Tindall to own a red convertible
 Schofield to drive an ambulance.
 Chase to own a beautiful home by the sea.
 Ritland to be a para rescuer.
 Betts not to buy anymore dance tickets.
 Konno to fly to Pents.
 Mangan to own a 98 Oldsmobile.
 Morihira to go to Europe.
 Clifford to raise a large family
 Soll to be a jazz singer.
 Fabian won't tell us but we bet it has something to do with Sammy.
 Manolson to avoid St. Ann's.
 Hawkey says she has none but we think otherwise.
 DeNeve to own a huge wardrobe and a wide assortment of ear-rings.
 Anderson to swim the Elbow.
 Beaumont to run an ocean liner
 Bourque to own and operate a distillery.

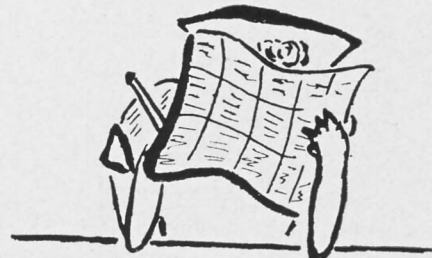
Bowd to be a lady wrestler.
 Deck to be a clown in a circus.
 Dimmer just to sleep.
 Echlin to be an elephant boy on a safari.
 Farrell a Hula girl on Waikiki Beach.
 Forbes deep sea diver in the Carribean.
 Fox mother of 24 children
 Grey to be a banker in a bakery — wants to make the dough.
 Gregory to be a can-can girl.
 Holden to smoke a cigar without choking.
 Jorgenson to be a weight lifter.
 Kline a peach fuzz picker.
 Kondraki head bar maid in Hernando's Hide-away.
 Kowenko to be a trapeze girl in a four ring circus.
 Langager to get room-mate to clean her side of room.
 Lewicki to have ambition.
 McMillen to yodle in the Alpines.
 Risdon a torch singer.
 Stewart to be head taster in Bourque's Co.
 Stianson to be an Adagio dancer.
 Symons to be a homesteader.
 Thielen to stay awake in class
 Trofanenko to have straight hair.
 Vrolson to swim under water.

Then there are nurses who are so conceited that when they take a patient's pulse, they subtract 10 beats for their personality.

REMEMBER..



that even TAXIES don't carry 22!



*"For dinner, we are having
 Loganberries."*

STUDENT

The C.N.A. Biennial Convention for graduate nurses was held at the Banff Springs Hotel in Banff, Alberta, from June 7th to 14th, with invitations extended to student nurses. Apparently 110 students attended from practically every training school in Canada, from the Douglas Firs of British Columbia to the Fishing Hamlets of Nova Scotia. Representing our Alma Mater were Miss Luchak, Miss Thielen, Miss Holt, and Miss Tucker. Miss Luchak had the unforgettable honor of representing the student nurses of Canada on the opening day of the convention.



With "Pathways to the Future" as the main theme of the convention, sessions were held at the main ballroom of the Banff Springs Hotel. The students attended all the sessions except Wednesday and Thursday afternoon. On Wednesday there was a Student's Day where students had discussions of various fields of nursing problems and development. Enthusiasm was felt by all students about the whole nursing program and there was no doubt that the future nurses will have no difficulty finding leaders to carry on the profession of nursing.



During the week it was not all work, we had some well-distributed diversions thrown in to keep us going continually. On Monday we had a Western Dinner at the Banff Springs. The menu was highly disguised with original names for each entree. We started dining on Indian Reserve

ACTIVITIES

Wild Roots and Gooseberries, Passion Fruit, Red Feather Sauce, Indian Herb Essence, Wild West on the Hoof, Grease Creek Gravel, Southern Alberta Green Pearls, Sarcee Blackfoot, Great Rockies, Wild Cat Derrick and finished off with Propane, all constituting a delicious meal. Some Eastern visitors were wondering what kind of appetites our Western folk had when first glancing at the menu. That was not the only banquet however. There was a Students Banquet in the Banff School of Fine Arts Auditorium where the students entertained the C.N.A. executive. This was followed by a Fashion Show at the Banff Auditorium, displaying the changing trends in uniforms. On Thursday the Holy Cross students had a weiner roast for all the students. This was preceded by a snake dance down Banff Ave., with permission and protection of the R.C.M.P. Other entertainment during the week was swimming, boating, mountain climbing and horseback riding.



The convention ended for us Friday noon and we had to leave all our newly acquired friends with sad farewells. Remember there is another convention in 1956.

STUDENT NURSES ASSOCIATION OF ALBERTA

A highlight in the lives of student nurses in Alberta in 1954 was the formation of the S.N.A. The association was formed at the A.A.R.N. convention held in November in Edmonton.

The members of the first executive are: President, Eva Austin, C.G.H.; Vice-President, Anne Reiffenstein, H.C.H.; Secretary, Joan Nichols, C.G.H.; Treasurer, Shirley Coote, H.C.H.

It is the purpose of the S.N.A. to interest students in the duties, rights, and privileges of professional nurses; to promote an interest and understanding of the work of the professional association; to promote unity among students; and to aid in interesting young women in entering the field of nursing.

STUDENT NURSE'S ASSOCIATION

The first convention of the S.N.A.A. held in conjunction with that of the A.A.R.N. at the Palliser Hotel, April 26th to 28th was presided over by Miss Eve Austin C.G.H., president. Other members of the executive included Miss Anne Reiffenstein, vice-president; Miss Joan Nicholls, secretary; Miss Shirley Coote, treasurer.

The delegates, coming from all training schools in Alberta, were met at the station by students from C.G.H. and a Minstrel Band from H.C.H. The Minstrel Band added greatly to making the convention the success that it was. Nice going kids. Following registration at the Palliser graduates and students alike gathered at the Colonel Belcher for a tea.

Tuesday, the first day, included a business meeting with reports by the committee chairmen in the morning. A western style party was held that evening in the Blue Room of the General. A good time was had by all.

Wednesday the 27th, was highlighted by a talk on "Legal Aspects of Nursing" by Mr. J. H. Yacroft, leading Calgary lawyer. A panel of questions, chaired by Miss Shirley Thielen followed the talk.



Delegates attending a banquet at the Palliser Hotel heard speaker Alderman Grant MacEwen with his reminiscings of nursing history in Alberta. Featured on the evenings program were Miss Connie Holt, our own vocalist, accompanied by Miss Jane Tucker.

Thursday saw the election of officers. The '56 President, a U. of A. student, Miss Betty Staples, accepted the gavel. Our Holy Cross executive member is Miss Kay Halpen.

During the five days graduates and students had advantages of the coffee breaks to accumulate the free samples offered by different advertisers, an indispensable part of any convention.



CAPPING

Excitement soared through the hospital on January 28th. It was capping day, the goal every preliminary students looks forward to. Patients and fellow students alike shared in the excitement and even the weather was agreeable.

Peace and quiet filled the hospital chapel that afternoon when forty-five student nurses filed silently down the aisle to receive their caps. The occasion marked the dedication of the students to the service of their profession and to the service of God. Father Fleming presented each student with her cap and a lighted candle, the nurses symbols of service and loyalty. The Jeanne Mance pledge was then recited.

Father Cole then delivered a most appropriate address in which he stressed the greatness of the profession both from the spiritual and moral standpoint.

Benediction followed the dedication service. The new Juniors were entertained by their fellow students in a short program, including an official welcome into the Student's Council by President Miss Pat Farrell.

Thus the first phase of our career had been reached, the greatest is yet to be achieved.

INTER HOSPITAL WEEK



OUR TEAM

HELLO SPORT FANS!

This is your H.C.H. student reporter with the review of 1954-55 sporting events.

The highlights of the year "Inter-Hospital Week" was preceded by a series of softball games in which our own "Holy Terrors" swept to victory defeating the "General Giants," the Graduate Nurses, the Boy Scouts, the High River High School Girls, and losing only to the High River Senior Ladies throughout the season.

Under the expert coaching of John "Skip" Maroney, the Terrors had a very good year.

Play-off time, the feature event of Inter-Hospital Week saw the Terrors put up a good fight yet go down to defeat with the H.C.H. Alumni Trophy going to the General Giants. Our thanks to the players and cheering section who put forth so much time, effort, and energy in the endeavor to win. Our best wishes for victory in 1955.

Other sporting highlights of the year featured two races, the first, a cross-country marathon in which eighteen of the fleetest Nightingales from both schools raced from the Calgary General

to the Holy Cross. The Terrors with their undying spirit streaked down the streets leaving the Giants behind to eat their dust. However, as fate would have her way, one of our marathoners (incidentally a stranger in these parts) run eight full blocks before she realized that she had taken the wrong turn. We lost! This race, covered by photographers and your own student correspondent, brought to an end the Inter-Hospital sporting events of the season.

In the second race, our stork took the right road and dropped Calgary's first New Year's baby off at the Holy Cross, bringing the Herald Derby prizes to the proud parents, Mr. and Mrs. Murta.

Other sporting events of the year included swimming, skating, ping pong, and saw basketball initiated and enthusiastically accepted by the students under the coaching of Ernie Harris.

That's all for now sport fans. Thanks to all who made '54 such a successful season, especially Louise Gray our student director who is working hard on a full programme for the coming season.



Miss E. McLean (Pres. of Alumni) presenting trophy to Miss Wakefield, C.G.H. student.



OUR CHEERLEADERS



RED CROSS AFFILIATION

On January 24, 1955, the Alberta Red Cross Crippled Childrens' Hospital opened its doors to ten student nurses. These nurses made up the first affiliating class and came from the Calgary General Hospital, Holy Cross, Medicine Hat General and the Galt Hospital at Lethbridge. This new affiliation offers a four week course in Orthopaedic-Paediatric nursing, which consists of about ninety hours of lectures given by Miss Weir, R.N., and by heads of the different departments. There are also many hours spent in observation in the Out-Patient Clinic, Staff Rounds, Physiotherapy, Operating Room, in addition to the practical observation on the floors.

Although the first class consisted of only ten students it is hoped that the number will be increased to as many as twenty-four. Students, while affiliating, live in the Nurses' Residence and in a small house, newly furnished.

The purpose of the course is to give students a wider experience in paediatric and orthopaedic nursing and as with all affiliations it certainly creates a friendly inter-hospital relationship.

IN THE WAITING ROOM

A doctor one night had just laid his weary head on the pillow when the phone rang. Suppressing a groan, he picked up the receiver and mumbled, "What do you want?"

"Hurry right over, Doctor," an excited man's voice exclaimed. "My wife's got one of those books on what to do until the Doctor arrives and I'm scared she's going to do it."

A drunk fell from a two-storey window and hit the pavement with a terrific impact. A crowd gathered and as the drunk staggered to his feet someone in the crowd grabbed him by the arm asking, "What happened?" To which the drunk replied, "I dunno, I just got here."

To Wrap and Change Babies

To wrap and change babies — alas what fun!
T's to the nursery we did come,
Their temperatures, weights and record to chart
Hey look, — A baby we left on the cart.
A bath, an admission, and the day's near done.
But look to the door, another one.

A round little face plus a wrinkled up nose,
Cute as a button from your head to your toes.
Nor this seven pounder we'll place in a crib to
the right
While all the time hoping, "There won't be any
more tonight."

T's now to duty the following day
From the linen room I hear someone say,
"Why Miss Beaumont, how dare you be late,
But don't worry the count is down to seventy-
eight."

We wrap and carry, till there is no more to
change
But gee it's time for premies again,
Out with the formula, diapers and brechts,
Come on Pitman, with less than an ounce you'll
never be more than a speck.

From days, to afternoons and then we're on
nights,

Where dates are impossible try as you might,
It's diaper, premies and formula you know
And to quieten a baby wherever you go,
But now when this portion of our training is
near done,

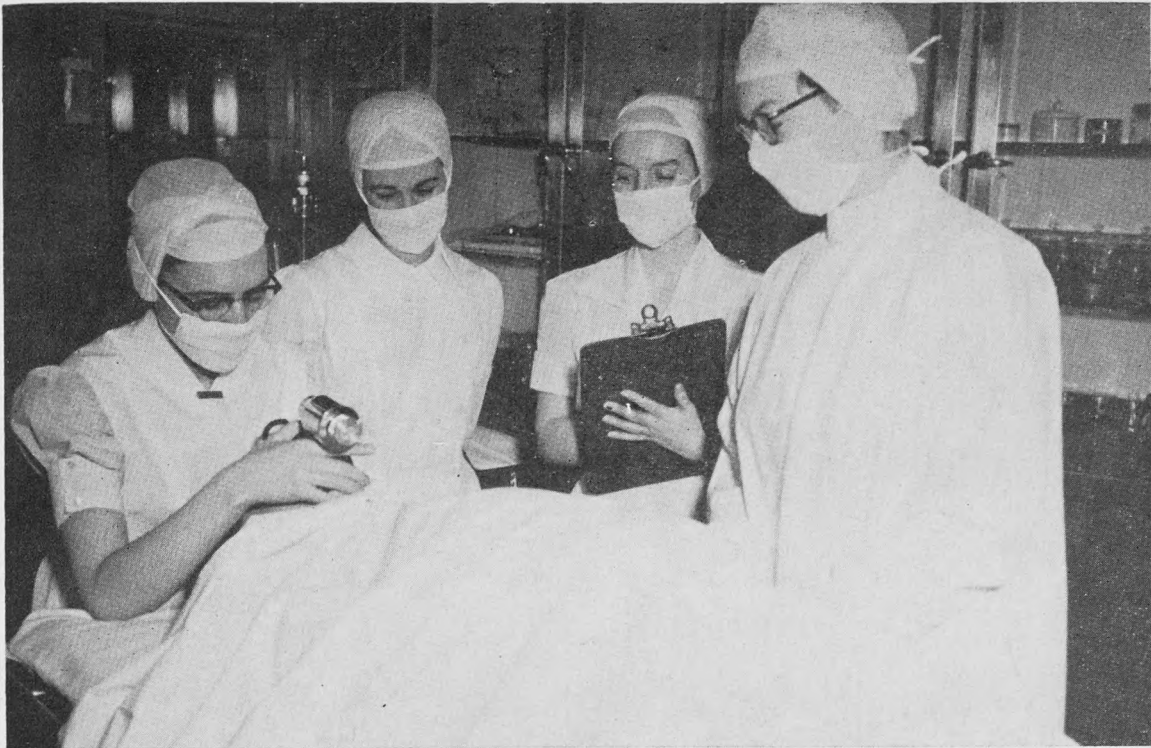
All I can say is that the memory will be a
pleasant one

—S. Beaumont.



*I thought you said, they gave
us a POP-UP TOASTER.*

HOSPITAL DEPARTMENTS



CASE ROOM



NURSERY



MATERNITY



ST. JOHN'S



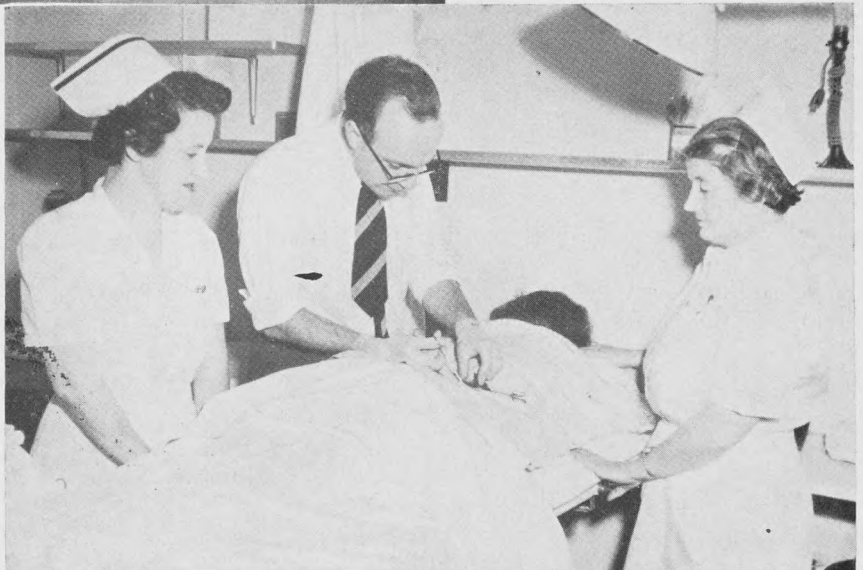
ST. CHARLES'

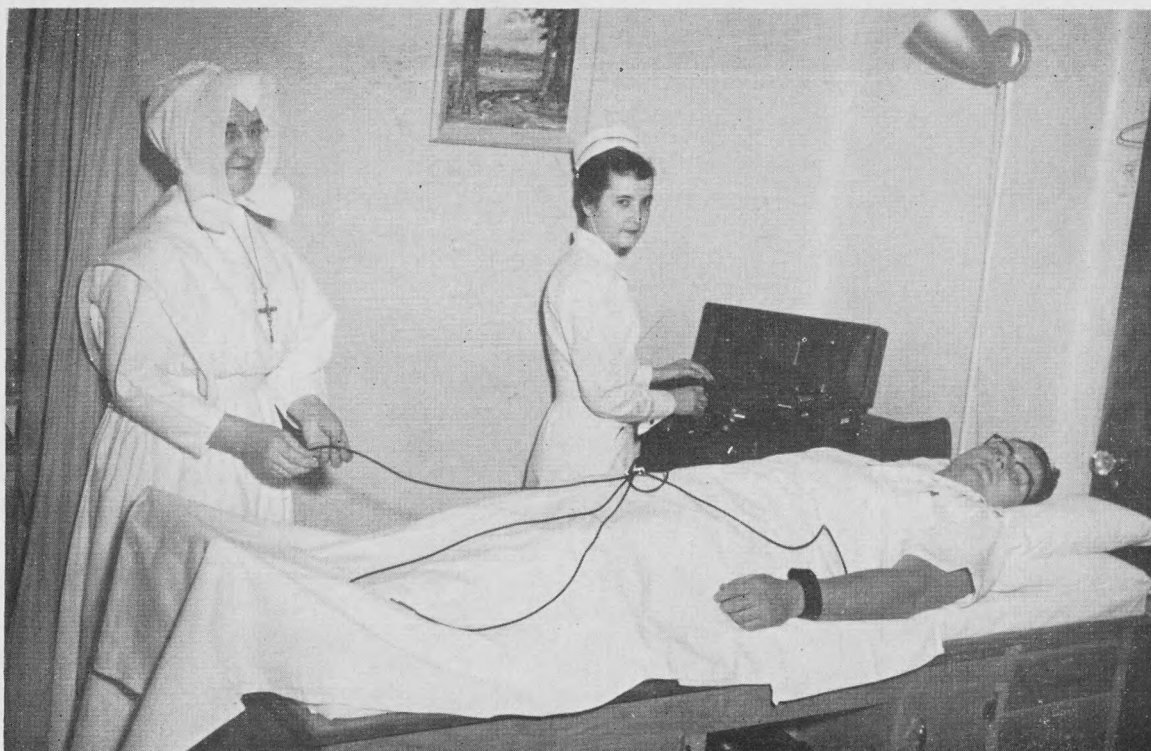
ST. MARIE



ST. FRANCIS'
AND ST. JOSEPH

CENTRAL DRESSING ROOM





PHYSIOTHERAPY



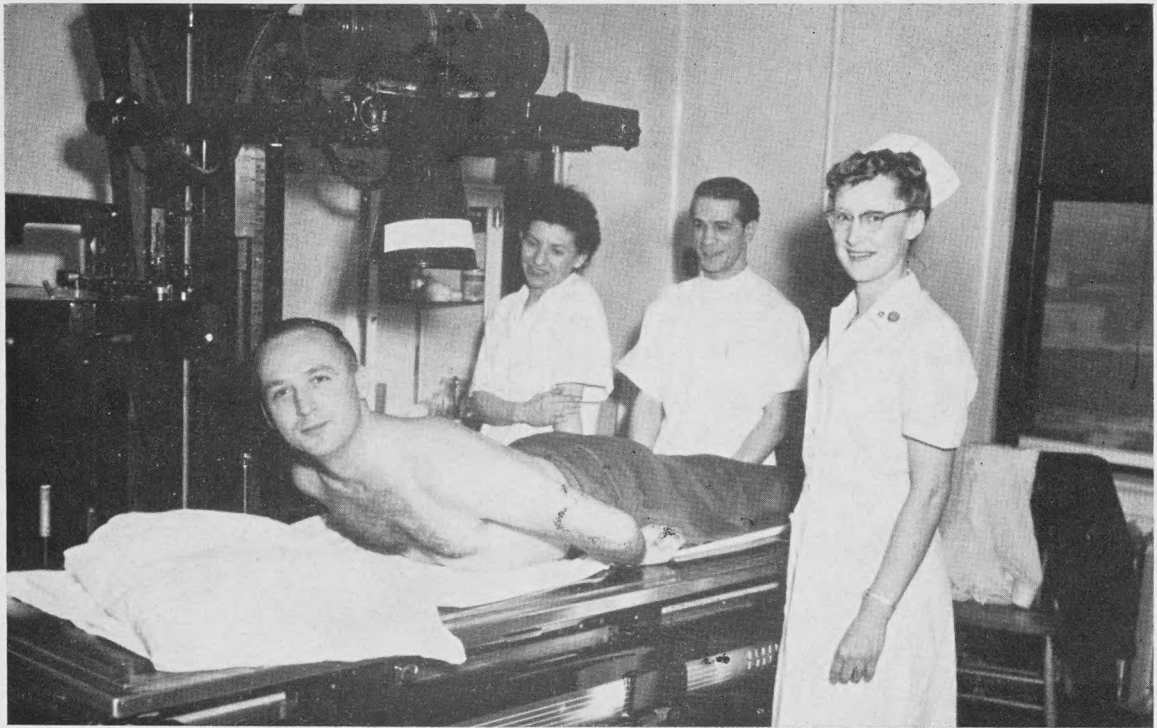
LABORATORY



HYDROTHERAPY



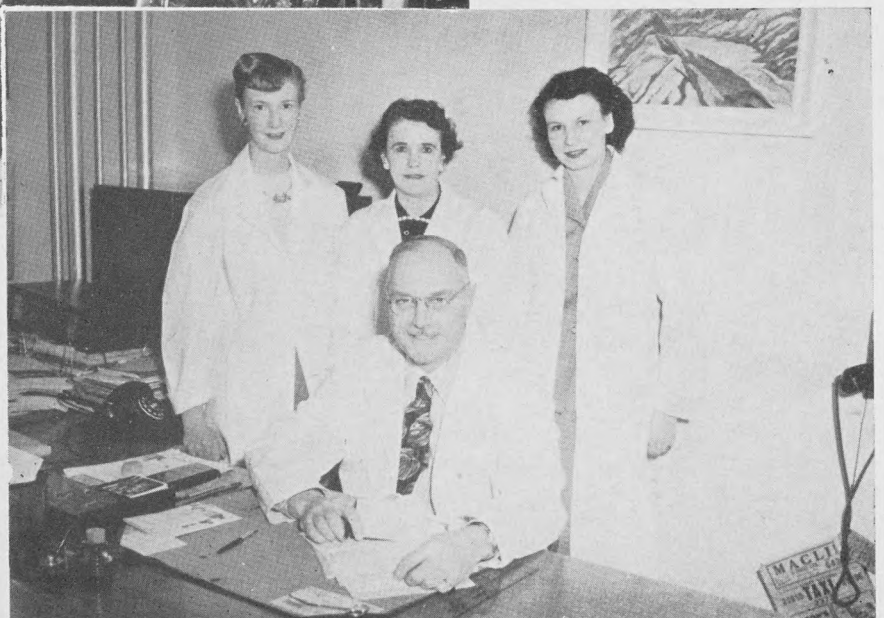
PEDIATRICS



X-RAY



CENTRAL ROOM SERVICE



CANCER CLINIC



DIET KITCHEN



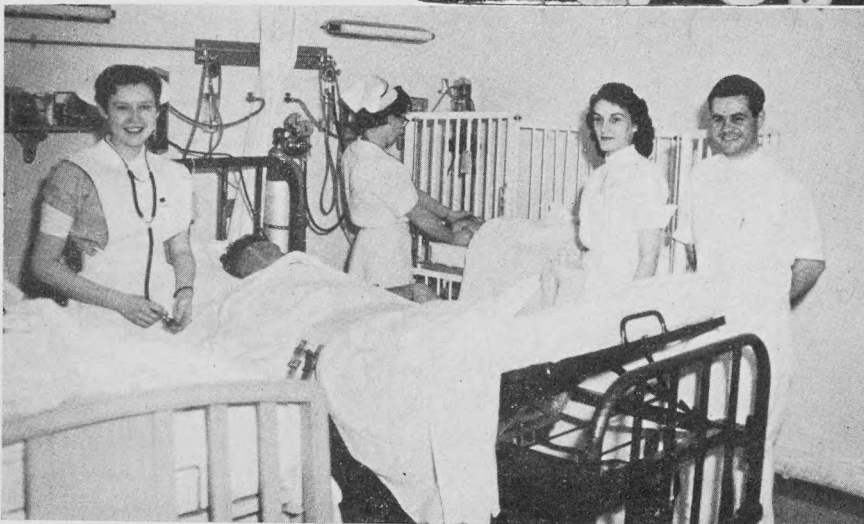
CENTRAL TRAY SERVICE



FORMULA ROOM



ST. ANNE



RECOVERY ROOM



OPERATING ROOM GRADUATES



OPERATING ROOM STUDENTS



OPERATING ROOM



PHARMACY



PERSONNEL OFFICE

IN THE WAITING ROOM

The big transport was flying over a provincial hospital for the insane. All at once the pilot burst out in loud laughter. A passenger inquired, "What's the joke?" "I was thinking," replied the pilot, "how bothered they will be in the hospital when they find I've escaped."

"I don't know what's the matter with that nice doctor. He was so attentive a few minutes ago, and now he won't even look at me."

"Perhaps he saw me come in. I'm his wife."

"I got this bottle of brandy for my mother-in-law."

"I'd say that was a marvellous exchange."

Optimist: A middle aged man who believes the waistband of his trousers has been shrunk by the cleaners.

He: What would you do if I should die and leave you?

She: Leave me how much?

Wise or Otherwise

After marking a set of exams from one of the group during the past year one of our faithful instructors has taken down some of the new meanings for these words:

Meningitis — a female complaint — loving too much.

Strabismus — (cross eyes) — a secret of the medical profession.

Dimples — Scars from being bitten.

Broken Coccyx — Falling hard for someone.

Frontal Arch — Caused by "stepping out."

He who laughs last, is usually slow at catching on.

Boy: "Give me two four watt bulbs."

Clerk: "Two what?"

Boy: "No, four watt."

Clerk: "For what?"

Boy: "That's right."

What is the difference between a man and a mouse? — One wears a hat.

TO THE DOCTOR

Rule to follow when in doubt—

Cut your patient's tonsils out.

Use no ether — but take care—

Let him watch the whole affair

If he's faint and weak inside —

Remind him of the ones who died.

But you mustn't let him shirk —

Make him help you with the work.

Make him hand you tools — that's right —

Make your patient hold the light.

Tie his tongue down to his chin —

Prop him open, then climb in.

If the patient starts to gag —

Stuff his mouth up with a rag.

If he's scared, devoid of pep —

Describe it to him, step by step.

Explore his toothy cave within —

Rest your elbows on his chin.

Tell him not to squirm about

Or you'll cut his gizzard out

Snip with vigor so he'll hear —

Hang your scissors on his ear.

Cut his innards till he bawls —

Just pretend you're cutting paper-dolls.

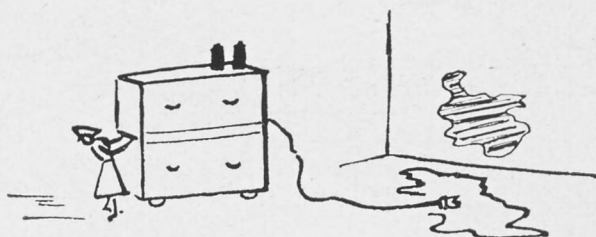
When you've finished, then give up —

Take your knee off — let him up.

Pat him fondly on the back —

Tell him that they might grow back!

— Donald D. McRoberts.



How did I know these wagons were connected to the wall?

If a child annoys you, quiet him by brushing his hair, is the latest advice. If this doesn't work, use the other side of the brush and the other end of the child.

The unanswered question: Who missed the food coming down the laundry shoot from Ped?



Fireman: There's a fire in 88, what would you do?

The student runs and closes all the doors, very efficiently.

Fireman: But nurse couldn't you first check to see if you could put the fire out yourself?

Nurse: Maybe, on some floors; but on St. Ann's things are done different.

FIRE DRILL

"Night Nurses"

Clifford — Beaumont

I wonder if in year to come — say 'bout 1983
They'll have two nurses quite like you and me,
We check the penicillin and miss the a.m. dose
Check the pharmacy and can't find the one we
need the most.

Then check the patients, it's after twelve you
know!

Me on St. Francis, you on St. Joe

A window down, a bed rolled up, ten women
on the pan,

Frost 222 — the patient wonders just what there
could be to do;

A quick reading, a light in 34,

Another man barely gowned a standing some-
where on the floor,

The man from 37 sitting in 38, back to bed you
all, time is getting late!

It's now one-thirty our flashlight burning low, but
peace and serenity, Oh at last!

What was that terrific crash?

Why Mr. Leet — too weak to move a lash (?)

So back over those sideboards you must go.

For it's coffee time, in case you don't know.

Well coffee tides us over till seven-thirty on
the dot,

By this time we wonder if we'll make it or not.

234-2 Fell out on his head,

237-1 Sorry he's dead.

230-1 Didn't sleep much last night,

236-1 Wasn't in bed enough for the bugs to
bite

238 Well he's fine and so on down the line.

260 Catheter — it's pulled out.

267 Levine tube neither in or out.

273 Depression and gout.

274 and 75 Quickly while this luck holds out.

Ah, what do you know, we're all done,
Pharmacy, bottles, tray and away we run

Terrible we say; but a lot of fun!

DON'T

Don't grumble, don't bluster,
Don't dream, and don't shirk.
Don't think of your worries,
Just think of your work.
The worries will vanish,
The work will be done.
No man sees his shadow
Who faces the sun.

Popularity

Thomas Bailey Aldrich

Such kings of shreds have wooed and won her,

Such crafty knaves her laurels owned,

It has become almost an honor

Not to be crowned.

L'Envo

Goodbye, old years with days forever ended
No moments left for recompense, for tears
Behind; time's grave, fast-sealed and unattended
Before; life's rainbow beckoning through the
years.



SEPT. '55



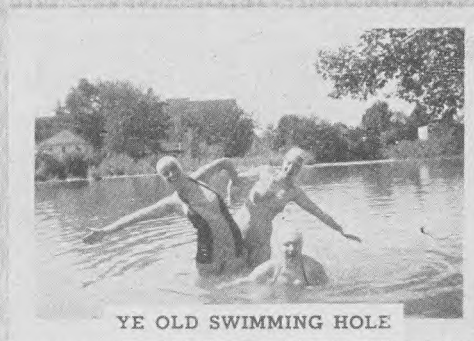
GOLDEN CHARIOT



FEB. '55



HALE!



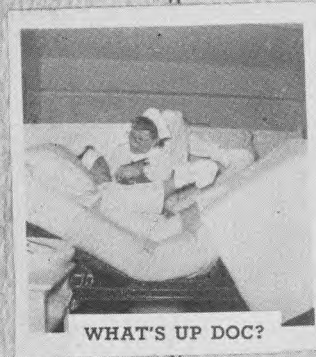
YE OLD SWIMMING HOLE



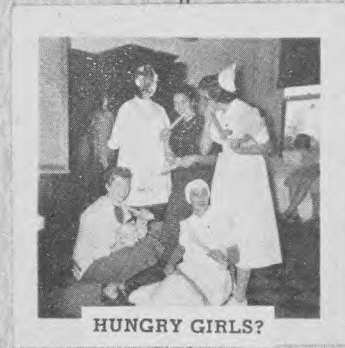
MISS ROUGHNECK OF '54



ST. GERT'S



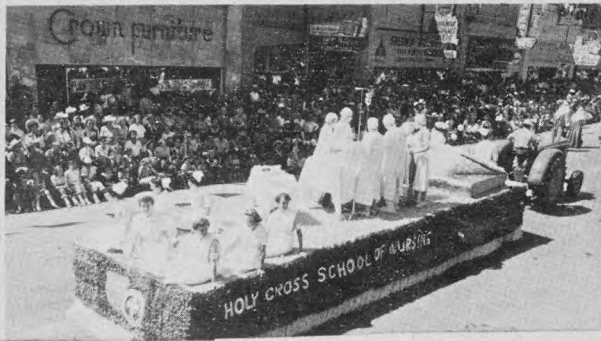
WHAT'S UP DOC?



HUNGRY GIRLS?



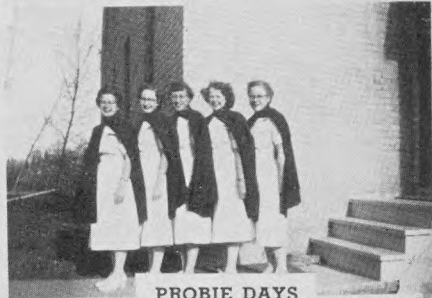
GOING MY WAY?



PRIZE WINNER



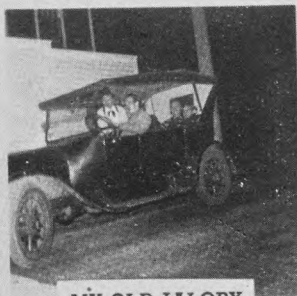
AFTER HOURS!



PROBIE DAYS



ENEMATA



MY OLD JALOPY



AIN'T HE CUTE?



TOO MANY COOKS!



GOING FAR GIRLS?



ANYTHING THAT RUNS



MAMIO BOUND



THAT ACCUSING FINGER



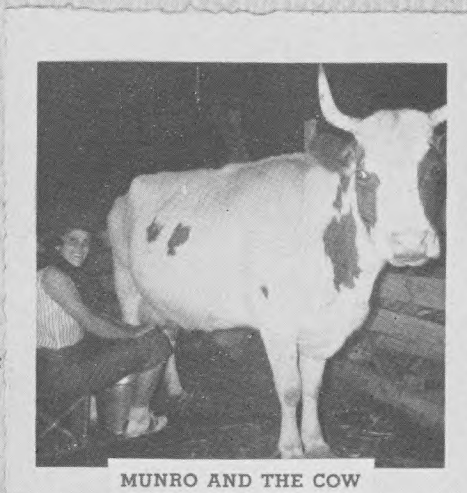
THE WINNERS



GUESS WHO?



PRETTY NICE EH!



MUNRO AND THE COW



BEQUEATHAL PARTY



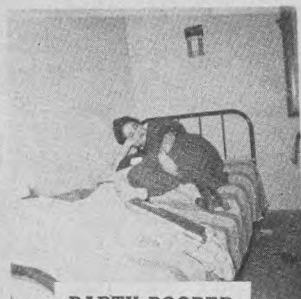
LET'S HARMONIZE



JUST MAKING ALTERATIONS



PRETTY SHARP EH!



PARTY POOPER



MARY GOOD EYE



SPAGHETTI—OHHHHHHH!



CORN COB REVIVAL



JUST HAVE 'EM



EVERYBODY HAPPY



INITIATION



A POPULAR PLACE



THAT OLD FAMILAR PLACE



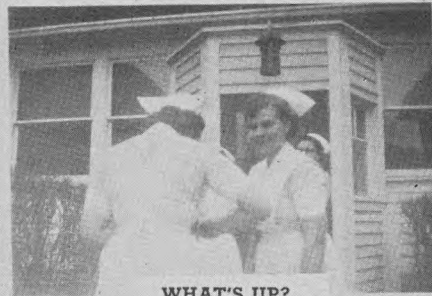
IDA AND HER DUCKS



BEWITCHING SEASON



WHAT A POSE!



WHAT'S UP?



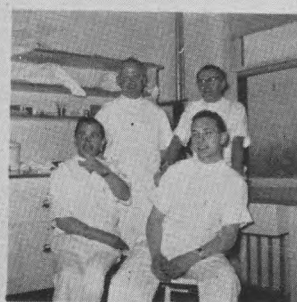
PUT SOMETHING IN THE POT
BOY



SKATE MUCH?



TWINS?



THE BOYS

THE NURSE

by Edgar A. Guest

The cap the nurse on duty wears
Is costlier than the bonnets gay
Worn by the wives of millionaires
Regardless of the price they pay.
'Tis something she herself can make,
A bit of linen, trimmed and turned
The right to it (for mercy's sake)
Was with three years of training earned.

That uniform of spotless white
Was costlier than a lady's gown,
'Twas bought with care by day and night
For those with illness stricken down.
The royal robes show royal birth
But every nurse's simple pin
Is emblematic of her worth;
A symbol she has toiled to win.

Oh gracious spirit, love imbued,
That can such tender care accord,
Perhaps it is, that gratitude
Must always be your best reward.
Now out of gratitude appears
This tribute, done in simple verse
Unto the dedicated years
Of all who choose to be a nurse.

Autographs

